

## CAYMAN ISLANDS NATIONAL FEMALE RECORDS - 50M - LCM Long Course Metres

Female 8 & under (50M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:39.44	A. Belfonte	Stingray Swim Club	06-Jul-14	SPA Invitational	St. Petersburg, FL, U.S.A.
100M FREE	01:34.36	S. Broadbelt	Seven Mile Swimmers	23-Apr-17	Winter Haven Rowdy Cup	Winter Haven, Florida
200M FREE	03:33.13	S. Broadbelt	Seven Mile Swimmers	21-Apr-17	Winter Haven Rowdy Cup	Winter Haven, Florida
400M FREE						
50M BACK	00:47.14	A. Myrie	Stingray Swim Club	0-Dec-03	Age Group Gold	Kingston, Jamaica
100M BACK	01:52.66	S. Broadbelt	Seven Mile Swimmers	21-Jul-17	Florida Swim League Championships	Brandon, Florida
200M BACK						
50M BREAST	00:56.06	A. Belfonte	Stingray Swim Club	05-Jul-14	SPA Invitational	St. Petersburg, FL, U.S.A.
100M BREAST	02:17.47	S. Broadbelt	Seven Mile Swimmers	23-Jul-17	Florida Swim League Championships	Brandon, Florida
200M BREAST						
50M FLY	00:50.35	A. Belfonte	Stingray Swim Club	01-Mar-14	Walter Rodgers Age Group Championships	Kingston, Jamaica
100M FLY						
200M IM	04:13.79	C. Nelson	Stingray Swim Club	0-Jan-02		Kingston, Jamaica

Female 9-10 (50M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:30.85	J. Crooks	Camana Bay Aquatic Club	23-Jun-17	Shark Open	Sarasota, FL, U.S.A.
100M FREE	01:11.61	A. Jackson	Stingray Swim Club	29-Jun-13	Shark Open	Sarasota FI, USA
200M FREE	02:33.23	J. Foster	Stingray Swim Club	04-Aug-00		San Jose, CA, U.S.A.
400M FREE	05:59.22	C. Nelson	Stingray Swim Club	14-Dec-03	Carolina Classic	South Carolina USA
800M FREE						
1500M FREE						
50M BACK	00:38.25	A. Jackson	Stingray Swim Club	16-Feb-13	Walter Rodgers Meet	Kingston, Jamaica
100M BACK	01:25.64	A. Jackson	Stingray Swim Club	07-Jul-13	SPA Open	St. Petersburg, Fl
200M BACK	03:23.97	S. Broadbelt	Seven Mile Swimmers	15-Dec-18	ASAJ Christmas Open & Breezer	Kingston, Jamaica
50M BREAST	00:42.01	A. Jackson	Stingray Swim Club	06-Jul-13	SPA Open	St. Petersburg, Fl
100M BREAST	01:33.77	J. Crooks	Camana Bay Aquatic Club	23-Jun-17	Shark Open	Sarasota, FL, U.S.A.
200M BREAST	03:28.56	C. Nelson	Stingray Swim Club	19-Jul-03	West Michigan Classic	Holland, Michigan USA
50M FLY	00:35.01	S. Broadbelt	Seven Mile Swimmers	28-Jul-19	NCAC Tar Heel States	North Carolina, U.S.A.
100M FLY	01:21.41	J. Foster	Stingray Swim Club	02-Aug-00		San Jose, CA, U.S.A.
200M FLY						
200M IM	02:57.81	J. Foster	Stingray Swim Club	02-Aug-00		San Jose, CA, U.S.A.
400M IM						

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Female 11-12 (50M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:27.25	J. Crooks	Camana Bay Aquatic Club	03-Aug-18	2018 TYR ISCA Summer Senior Champions	St Petersburg, Florida
100M FREE	00:59.93	J. Crooks	Camana Bay Aquatic Club	04-Aug-18	2018 TYR ISCA Summer Senior Champions	St Petersburg, Florida
200M FREE	02:15.17	J. Crooks	Camana Bay Aquatic Club	27-Oct-18	Dean Martin Memorial Meet	Kingston, Jamaica
400M FREE	04:48.74	J. Foster	Stingray Swim Club	18-Jan-02		Rutgers, NJ, U.S.A.
800M FREE	10:02.85	J. Foster	Stingray Swim Club	15-Aug-01		Concord, CA, U.S.A.
1500M FREE	18:40.17	J. Foster	Stingray Swim Club	20-Jun-02		Ft.Lauderdale, FL
50M BACK	00:32.11	J. Crooks	Camana Bay Aquatic Club	30-Jun-18	CCCAN Swimming Championships	Aruba
100M BACK	01:08.40	J. Crooks	Camana Bay Aquatic Club	26-Oct-18	Dean Martin Memorial Meet	Kingston, Jamaica
200M BACK	02:33.91	J. Crooks	Camana Bay Aquatic Club	28-Oct-18	Dean Martin Memorial Meet	Kingston, Jamaica
50M BREAST	00:36.25	A. Jackson	Stingray Swim Club	24-Apr-14	CARIFTA 14	Aruba
100M BREAST	01:23.60	J. Crooks	Camana Bay Aquatic Club	27-Oct-18	Dean Martin Memorial Meet	Kingston, Jamaica
200M BREAST	03:07.03	L. Butler	Stingray Swim Club	0-Apr-07	Walter Rodgers Age Group Championships	Kingston, Jamaica
50M FLY	00:30.08	J. Crooks	Camana Bay Aquatic Club	01-Jul-18	CCCAN Swimming Championships	Aruba
100M FLY	01:04.54	J. Crooks	Camana Bay Aquatic Club	28-Oct-18	Dean Martin Memorial Meet	Kingston, Jamaica
200M FLY	02:30.47	J. Foster	Stingray Swim Club	05-Aug-02	British Age Group Championships	
200M IM	02:34.88	J. Crooks	Camana Bay Aquatic Club	26-Oct-18	Dean Martin Memorial Meet	Kingston, Jamaica
400M IM	05:55.90	H. Stradling	Camana Bay Aquatic Club	05-Apr-15	CARIFTA 15	Barbados

Female 13-14 (50M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:26.83	J. Crooks	Camana Bay Aquatic Club	31-Jan-20	Karl Dalhouse Meet	Kingston, Jamaica
100M FREE	00:58.08	J. Crooks	Unattached	01-May-21	2021 UANA Qualifier	Clermont, FL, U.S.A.
200M FREE	02:09.17	J. Crooks	Unattached	30-Apr-21	2021 UANA Qualifier	Clermont, FL, U.S.A.
400M FREE	04:34.28	R. Embury-Brown	Stingray Swim Club	23-Apr-19	CARIFTA 2019	Barbados
800M FREE	09:22.69	R. Embury-Brown	Stingray Swim Club	26-Jul-19	FINA World Championships 2019	Gwangju, Korea
1500M FREE	18:16.70	H. Roffey	Stingray Swim Club	22-Nov-03	Florida Senior Circuit	FLA, USA
50M BACK	00:30.55	L. Hew	Camana Bay Aquatic Club	28-Jul-14	Commonwealth Games 2014	Glasgow, Scotland
100M BACK	01:05.74	J. Crooks	Camana Bay Aquatic Club	01-Feb-20	Karl Dalhouse Meet	Kingston, Jamaica
200M BACK	02:27.16	L. Hew	Camana Bay Aquatic Club	27-Jul-14	Commonwealth Games 2014	Glasgow, Scotland
50M BREAST	00:36.12	S. Jackson	Stingray Swim Club	24-Apr-14	CARIFTA 14	Aruba
100M BREAST	01:23.04	A. Smith	Stingray Swim Club	0-Apr-04	CARIFTA	Nassau, Bahamas
200M BREAST	02:55.77	K. Sullivan	Seven Mile Swimmers	20-Apr-19	CARIFTA 2019	Barbados
50M FLY	00:28.72	J. Crooks	Unattached	29-Apr-21	2021 UANA Qualifier	Clermont, FL, U.S.A.
100M FLY	01:03.90	S. Broadbelt	Seven Mile Swimmers	17-Dec-22	2022 ASAJ Christmas Open	Kingston, Jamaica
200M FLY	02:20.51	H. Roffey	Stingray Swim Club	15-Aug-01		Concord, CA, U.S.A.
200M IM	02:30.36	S. Broadbelt	Seven Mile Swimmers	19-Dec-22	2022 ASAJ Christmas Open	Kingston, Jamaica
400M IM	05:13.55	H. Roffey	Stingray Swim Club	15-Aug-01		Concord, CA, U.S.A.

## CAYMAN ISLANDS NATIONAL FEMALE RECORDS - 50M - LCM Long Course Metres

Female Senior (50M)						
Event	Time	Name	Club	Date	Meet	Venue
50M FREE	00:26.34	J. Crooks	Unattached	30-Jul-22	USA Swimming Futures Championships	Cary, USA
100M FREE	00:56.56	J. Crooks	Unattached	28-Jul-22	USA Swimming Futures Championships	Cary, USA
200M FREE	02:03.67	J. Crooks	Unattached	27-Jul-22	USA Swimming Futures Championships	Cary, USA
400M FREE	04:25.06	K. Rabess	Stingray Swim Club	25-Nov-21	PANAM Games 2021	Cali, Columbia
800M FREE	09:01.41	H.Roffey	Stingray Swim Club	10-Jun-04	Charlotte Ultra Swim	Charlotte USA
1500M FREE	17:50.66	R. Embury-Brown	Stingray Swim Club	31-Jul-21	2021 ISCA Summer Senior Blast	St. Petersburg, Florida
50M BACK	00:30.02	J. Crooks	Unattached	16-Apr-22	XXXV Carifta	Bridgetown, Barbados
100M BACK	01:04.98	L. Butler	Stingray Swim Club	07-Aug-16	Olympics 2016	Rio, Brazil
200M BACK	02:21.20	L. Butler	Stingray Swim Club	10-Apr-16	Derventio eXcel Open Meet	Sheffield, UK
50M BREAST	00:34.77	S. Jackson	Stingray Swim Club	17-Apr-17	CARIFTA 2017	Bahamas
100M BREAST	01:20.20	S. Jackson	Stingray Swim Club	16-Apr-22	CARIFTA 2017	Bahamas
200M BREAST	02:49.46	K. Sullivan	Seven Mile Swimmers	16-Apr-22	XXXV Carifta	Bridgetown, Barbados
50M FLY	00:28.72	J. Crooks	Unattached	29-Apr-21	2021 UANA Qualifier	Clermont, FL, U.S.A.
100M FLY	01:03.67	J. Crooks	Unattached	16-Apr-22	XXXV Carifta	Bridgetown, Barbados
200M FLY	02:17.50	L. Butler	Stingray Swim Club	21-Feb-16	BUCS Long Course Championships	Sheffield, UK
200M IM	02:22.59	L. Butler	Stingray Swim Club	09-Apr-16	Derventio eXcel Open Meet	Sheffield, UK
400M IM	05:06.77	H. Roffey	Stingray Swim Club	10-Aug-03	Pan Am 03	Santo Domingo, Dominican Republic

Last updated: January 8, 2023